

What do I need to know about toilet training?

Children generally are ready to begin toilet training between 18 months and 3 years of age. Before deciding to pursue this milestone, parents need to take into account their child's psychological and physical readiness to begin training. Signs of readiness can include staying dry for at least two hours, having knowledge of when they need to use the bathroom, physically being able to pull their pants up and down, and an ability to get on and off the toilet little aid. Parents are encouraged to avoid beginning toilet training during a stressful time or period of adjustment for the family. In preparation, parents should purchase a potty chair or seat and explain how to use the bathroom to their children. Reading stories and watching videos with children can sometimes aid with this explanation.

The most important thing parents can do when toilet training their children is to remain patient. Don't be discouraged if your child has a few good days and then has an accident or shows resistance. It's okay to take a few days or weeks off. If you sense that your child is not ready, don't push, allow some time to pass and begin again.

It's important for parents to praise their children and offer rewards for using the bathroom. Children should never be disciplined for not using the toilet or having accidents. As hard as it may be, toilet training is in your child's control and as long as you remain supportive and continue to encourage them, they will succeed.